

## Diabetes Self Management Tool

Side 1

Green Zone (All Clear)	Yellow Zone (Caution)	Red Zone (Medical Alert)
Your diabetes is well controlled.	Your blood sugars are not well controlled. Caution is required.	Your blood sugar is outside the safe range your physician has given you.
<ul style="list-style-type: none"> <li>Fasting blood sugar 80-120</li> <li>2 hrs. after eating &lt;160</li> <li>Bedtime blood sugar 100-140</li> <li>AIC &lt; 7</li> <li>Blood pressure &lt; 130/85</li> </ul> <p>Continue to follow your management plan.</p>	Talk to your health care team about the best ways to control your blood sugars.	Call your primary healthcare provider for an appointment and follow the plan your health care team has developed with you.
Physician Name: Telephone:		

## My Current Medications

Side 2

Name	Reason for Taking It	Dosage	When to Take It	How to Take It	Started	Stopped